

Morning Pilates

For Ages 16+



Program Description & Information:

Pilates offers all the benefits of strengthening the core while lengthening and toning the entire body. You will feel the amazing difference in just one class, but after three classes you will have firmer muscles, a tighter stomach, and the confidence to stand taller. After six classes you'll have improved muscle flexibility, reduced body tension and stiffness and increased balance and coordination. Classes are offered Mondays, Wednesdays, and Thursdays. Register for how many days you would like at your convenience.

***Session is now 7 weeks!!!

Session	Days	Time	Fee	Code
Session II 2/16-3/26 M,W,TH	1 Day	9:30am-10:30am	\$35R/\$44NR	214704 B1
	2 Days		\$70R/\$88NR	214704 B2
	3 Days		\$105R/\$131NR	214704 B3
Session III 4/6-5/28 M,W,TH	1 Day	9:30am-10:30am	\$47R/\$59NR	214704 C1
	2 Days		\$93R/\$116NR	214704 C2
	3 Days		\$140R/\$175NR	214704 C3

Location:	NEW LOCATION!! Village Park 11700 Pierson Road 561-791-4005
Instructor Contact:	Lynn Spoor: 561-202-5966
Special Notes:	Please bring a mat.



REGISTER ONLINE*

You can register for programs online at:
<http://webtrac.wellingtonfl.gov:8080>

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

**You must register in person the first time in order to establish a household in our system. Not all programs are available for online registration.*

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Julie Strow, at (561) 753-5262 at least two weeks prior to the begin date of the program or class.

